DOCUMENT RESUME

ED 184 684 PS 011 324

AUTHOR	Randell, Jill; Olson, Christine
TITLE	Nutrition Activities: Preschoolers and Parents.
INSTITUTION	State Univ. of New York, Ithaca. Coll. of Agriculture and Life Sciences at Cornell Univ.; State Univ. of New York, Ithaca. Coll. of Human Ecology at Cornell Univ.
SPONS AGENCY	Food and Nutrition Service (DOA), Washington, D.C.; New York State Education Dept., Albany.
PUB DATE	Sep 79
NOTE	26p.; For related documents, see PS 011 325-326.
AVAILABLE FROM	Mailing Room 7, Research Park, Cornell University, Ithaca, NY 14853 ($20.00; Set of 3 also contains "Educator's Guide: Food Experiences for Young Children" and "Early Childhood Educator's Nutrition Handbook.")
EDRS PRICE	MF01/PC02 Plus Postage.
DESCRIPTORS	Eating Habits; *Food; *Health Activities; *Nutrition Instruction; *Parents; *Preschool Children; Preschool Education
IDENTIFIERS	*Recipes (Food)

ABSTRACT

This activity book contains ditto masters of information sheets, recipes, and activity sheets to be given to parents of preschool children. This book was developed as a component of another book, "Educator's Guide: Food Experiences for Young Children," to bring the classroom experiences into the home. It is intended to give parents some background information on the why and how of developing good eating habits and to foster interaction between parents and children. The ditto masters can be duplicated and sent home with the children or they can be used as handouts during parent workshops. (Author/SS)

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NUTRITION ACTIVITIES: Preschoolers and Parents

by
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Components of the Early Childhood Nutrition Program are:

Educator's Guide: Food Experiences for Young Children

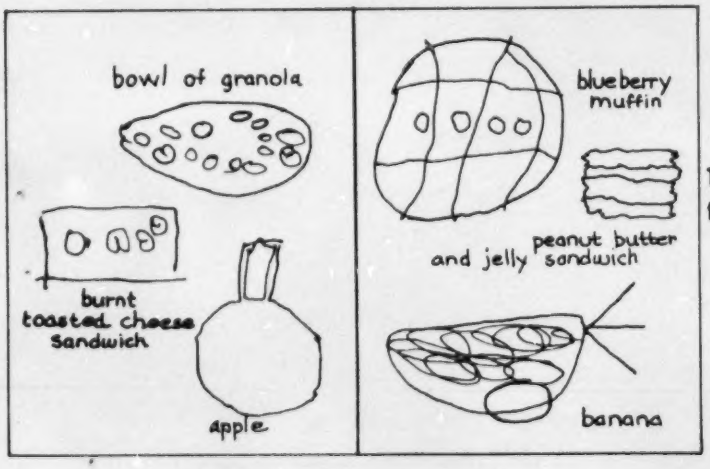
Nutrition Activities: Preschoolers and Parents

Early Childhood Educator's: Nutrition Handbook

Parents and Preschoolers: A Recipe for Good Nutrition (A Flip Chart)

Some of the ideas and phrases in the activity sheets have been used with the permission of Project Enlightenment. They have been taken from "I Can Do It" which can be ordered from Project Enlightenment, 501 S. Boylan Avenue, Raleigh, N. C. 27603 for $2.00 per copy.

Project Designer, Pat Schultz, Visual Communications Group, Media Services.



The artwork on the cover was drawn by the afternoon class of the Cornell Nursery School.

Using This Booklet

This activity book was developed as a component of an **Educator's Guide: Food Experiences for Young Children** to bring the classroom experiences into the home. It is intended to give parents some background information on the why and how of developing good eating habits and to foster interaction between parents and children.

Each of the four units in the **Educator's Guide: Food Experiences for Young Children** has an information sheet, a recipe and three activity sheets to complement the classroom activities. The first five dittos belong to the first unit and the second five to the second and so on. Within each unit of the **Educator's Guide,** the appropriate activity sheets are listed in the "Involving Parents" section. Dittos can be duplicated and sent home with the children or they can be used as handouts during parent workshops. The activity sheets are designed to be folded into thirds from top to bottom, accordion style.

Duplicating Spirit Masters

These ditto masters must be used only on a spirit or liquid-type process duplicator. Do not use on a gelatin-type duplicator.

Each ditto is perforated on the left edge and should be removed from this book to duplicate. Place the ditto master, duplicating side up on your machine. Heavier pressure and more fluid will result in sharper copies. Store the ditto maste in between the backing sheets in this book. Keep the book in a cool, dry place.

Dear Parent,

In my preschool program we are doing many activities related to food and cooking. It is lots of fun, and I am learning many things.

The program will help us know how many new foods taste, look and smell. We also will be learning why food is important for health and what sugar can do to my body. Television is fun, but we are learning why we should not watch too much. We will be learning about commercials that try to sell us things we really don't need.

During the program I will bring home activity sheets with ideas of things we can do together. We will even get recipes I can read. Lets do the activities, they will be so much fun.

Love,

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Food Habits Start Young

Children are not born with the natural ability to choose a nutritious diet. Their food habits, like those of adults, are learned through experience.

One of the first steps parents can take in starting their children on the road to good food habits is to bring only good, nutritious foods into the home. Children will learn to like nutritious diets if these are the foods they are offered.

Parents are children's first teachers. During the preschool years, children want to please their parents, and so they are great imitators of their parents' behavior. Setting an example of good food habits is another way parents can teach their children healthful eating habits.

In the preschool years, children go through several stages, and these often show through at mealtime. The independence or "No, I don't want that" stage is a common parental concern. Likewise, the food jag or wanting the same foods meal after meal causes parents to question the nutritional value of their child's diet.

Probably the key to avoiding future food problems is to avoid making a big issue out of the situation and to continue offering a variety of foods. When dealt with in this manner, all stages eventually pass, without causing nutritional problems.

Did you know?

Newborn infants prefer sweet solutions to water.

The more sweets you eat the less able you are to detect sweetness and other tastes.

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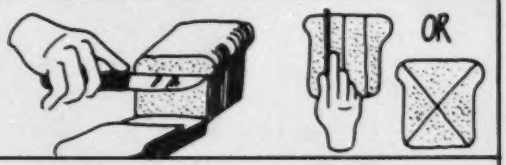
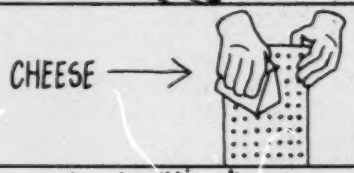
1 Cut whole wheat bread into strips or triangles

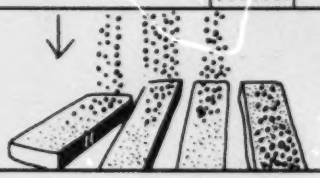


2 Spread with margarine

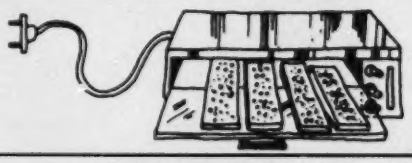
3 Grate cheese



4 Sprinkle cheese on bread



5 Toast in oven, broiler or toaster oven until melted



6 Eat

Variation... Try grated cheese on tacos shells. Available in a box in the ethnic food section of your grocery store

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I like to...

- help you with the shopping by having my own "shopping list" cards. The cards have pictures or labels of foods. In the store I can try to find the foods in the pictures.

- tell you the names of foods as I help you put away the groceries. I can separate the fruit and vegetables or the things for the refrigerator from those for the cabinet.

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I like to...

- help you measure or stir foods while you cook. I like to see how foods change when they cook.

- count how many people are going to eat and to set the table. I can also tell you the names of the dishes and utensils. Later I can help you dry the dishes and silverware.

- make placemats by cutting out pictures from magazines pasting them on cardboard and covering them with clear contact paper.

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I like to . . .

- tell you if a food tastes sweet, sour or salty. I can also tell you the shape and color. I like to guess the name of a food by touching it with my eyes closed.
- make a picture list of the fruits and vegetables. Each time I eat one I can put a star or smiling face next to the picture. I can hang it on the refrigerator so I can see all the new foods I eat.

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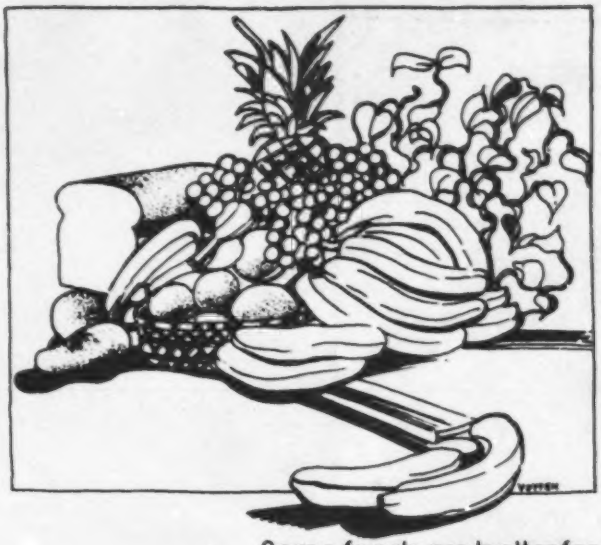

Eating Your Way To Good Health

Some foods are better for us than other foods. Nutrients (protein, fat, carbohydrates, vitamins, and minerals) and calories are the important ingredients in foods. Nutrients are important for building and repairing body parts and operating our bodies. Calories provide us with energy. The protein, fat, and carbohydrate in food are the source of calories. An equal weight of fat has twice the calories of either protein or carbohydrate.

In the United States, two major nutritional problems are obesity and tooth decay. We are eating too many calories, exercising too little, and becoming fat. Our sugar intake averages 100 pounds per person each year and contributes to overweight and tooth decay. Overeating and eating too many sweets are habits that result in health problems. Sugar is the food for the bacteria in the mouth that causes tooth decay. Obesity is related to other diseases like high blood pressure, heart disease, and diabetes.

Variety is the key to healthful eating. Eating a variety of foods insures that we get all the nutrients we need. If we choose wisely, it also helps decrease some health problems.

Wise choices are foods that contain many nutrients and only enough calories to maintain our proper weight. Limiting sugar, animal fats (eggs, meat, butter, and milkfat), and highly salted foods may decrease the risks of certain diseases. Eating more starches, especially those containing fiber or bulk, is helpful for good health. Foods that are high in fiber are whole grain breads and cereals, dried beans and peas and fruits and vegetables.

Did you know?

That starch is not fattening, unless you put lots of fat in it or eat too much.

Most Americans eat much more protein than they need.

3 ounces of cooked meat (that's a very small serving for most Americans) has the same number of calories as 3 slices of bread.

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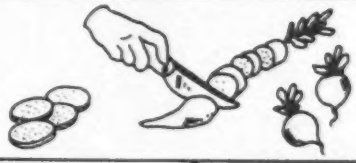
Vegetable Sticks and Dip

1 Wash vegetables well

2 Peel carrots, cucumbers

3 Cut vegetables into circles or other shapes



4 Leave mushrooms, tomatoes & radishes whole

5 Roll up lettuce, spinach or cabbage leaves
Break off broccoli piece

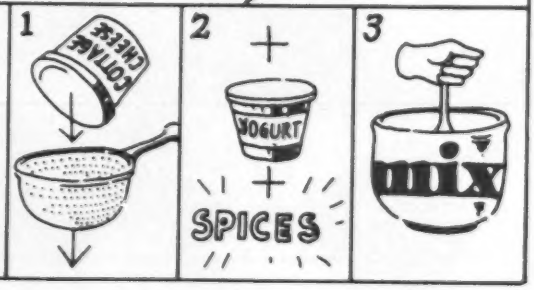
6 Put on spear and then into dip

DIP...

1 Put cottage cheese through strainer-½ c

2 Add yogurt - 2 tbs. & spices -½ tsp.

3 Mix well



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I like to...

- know my weight and height and to see them on a chart. It is fun to see how fast I grow. I can also compare myself with friends and family: I am shorter, you are taller, etc.
- talk about parts of my body and what they do. What do my heart and lungs do? Help me discover where the food goes that I eat.

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I like to...

- help decide what foods we are going to eat for a meal, snack, party or picnic. What fun to go on a treasure hunt for lunch.
- take care of a pet
- separate foods into groups; those that are good for me and those that can hurt my body. Use actual foods or cut pictures out of magazines and glue them onto cards. Tell me why the food is good for me.

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I like to...

- watch things grow. I can grow plants and be responsible for them.

a.

- grow a plant from a bean (navy, kidney, lima, pinto)...
  - -soak bean in water overnight
  - -plant in soil
  - -water when soil is dry
  - -watch it grow and grow

- grow plant from a sweet potato...
  - - place potato in water with 3 toothpicks to hold it in place.

b.

c.

- - put it in a light place
- - make sure it has water and soon it will get roots and a climbing vine

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Snack Smart

As children enter the preschool years, their growth rates slow and so do their appetites. Young children's stomachs are relatively small for their body size. Since your child only eats a small amount at a meal, snacks are an important part of a child's food intake and so need to be nutritious.

Many foods advertised as snack foods are high in sugar, salt, and fat. They contain few nutrients and are high in calories.

Empty calorie foods like soda pop, potato chips, candy, gum, and cookies will **not** provide vitamins, minerals, and protein your child needs to be healthy. Sugary foods eaten between meals are apt to cause tooth decay. Using empty calorie foods for rewards and withholding them for punishment makes them seem more desirable to your children than they really are.

Smart snacking does not require buying special foods. Snacks do not have to be sweet or salty. They can be crispy, soft, hot, or chewy. Try unbuttered popcorn, bread with cheese, peanut butter on apple or celery. Serve fruit juice, skim milk shakes, fresh fruit or any food leftover from previous meals. If you are going to be away from home for a long while, take some fresh or dry fruit, crackers and cheese, or carrot sticks for a nutritious snack.

Did you know?

In 1975, Americans spent $6.4 billion dollars on snack foods and $5.5 billion dollars on soft drinks.

To encourage their purchase, snack foods and highly sugared cereals are put at eye level and in places that are easy to see and reach in supermarkets.

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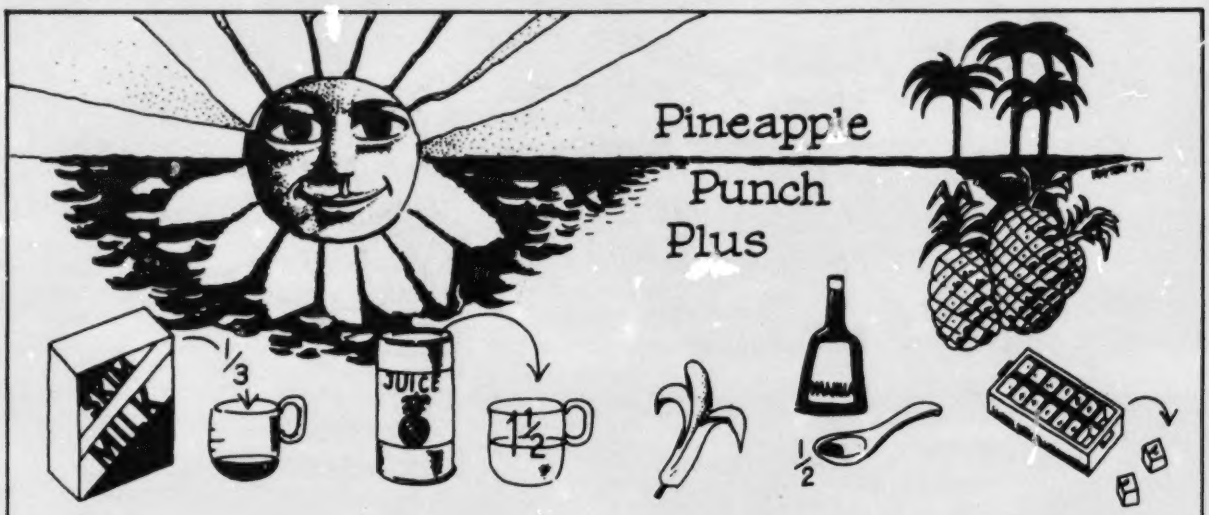


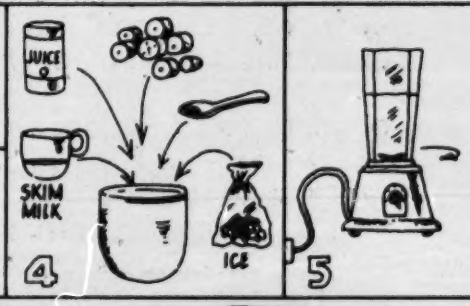
1 Slice banana

2 Put ice cube in a plastic bag

3 Crush ice cubes with hammer, one at a time

4 Combine juice, skim milk powder, sliced banana, vanilla, and crushed ice in blender

5 Blend until smooth



6 Drink or put in ice cube tray or cup and freeze

7 When partially frozen add toothpick or popsicle stick

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I like to...

- make fruit salad. First I pick out 3 or 4 fruits at the store. Then when we get home I cut them up and mix them together.

- visit farms, gardens, orchards, or farmers' markets.

- brush my teeth at least twice each day. I like to help choose the color of my tooth-brush and the brand of toothpaste.

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I like to...

- try to guess what's cooking from the sounds or smells. It may be popcorn, coffee, hamburgers, soup, bread or chicken roasting.
- make raw vegetable snacks by shelling peas, breaking pieces of broccoli or cauliflower, peeling carrots, or snapping beans.
- make music by hitting 2 wooden spoons together, blowing over bottles with different amounts of water in them, or shaking a jar full of corn kernels.

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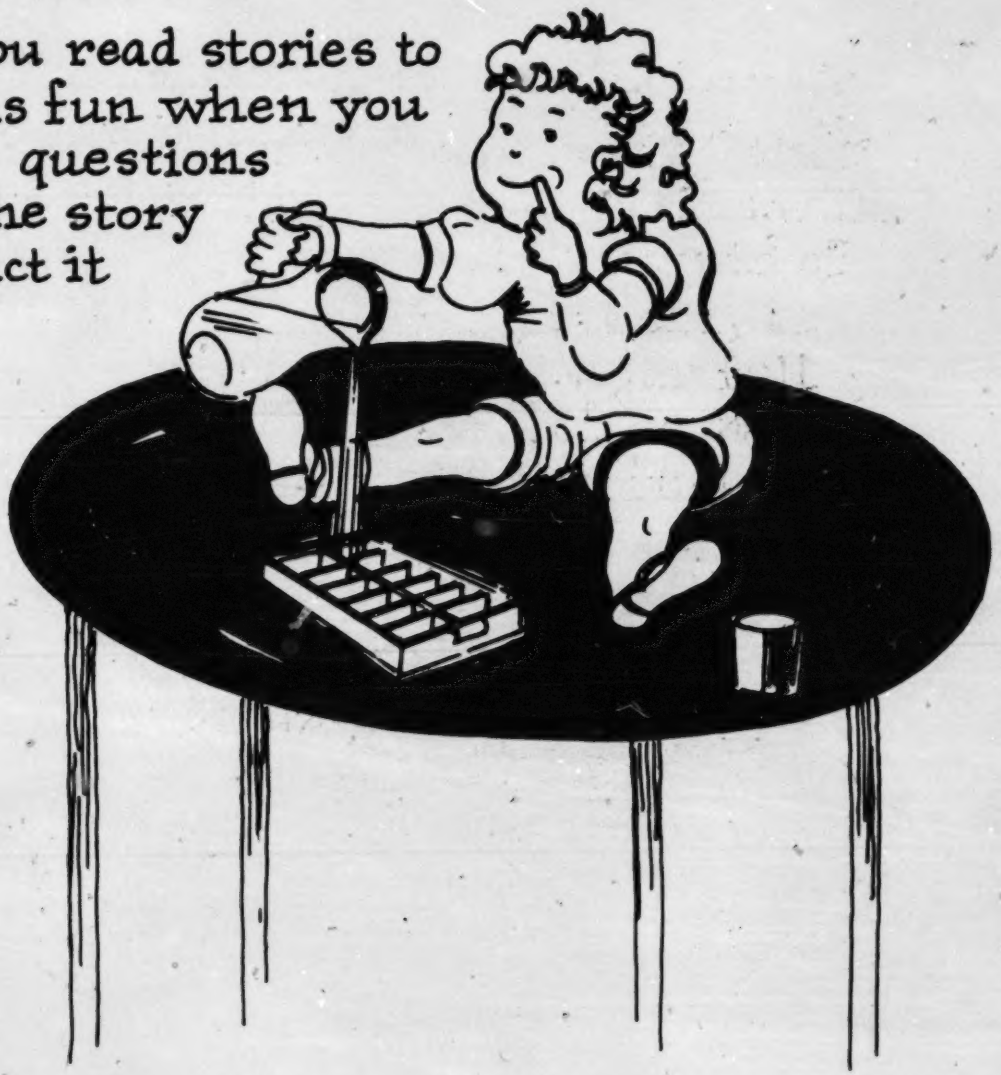
I like to...

- cut sandwiches into interesting shapes with a cookie cutter or a glass.
- make yumsicles. First I pour fruit juice into ice cube trays. When it is partially frozen I can stick a toothpick or popsicle stick into it.
- have you read stories to me. It is fun when you ask me questions about the story or we act it out.



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Children and Television

The average American child watches almost 28 hours of television a week. In a year they will see 20,000 commercials. More than half the commercials are for foods, and most of the foods are highly sugared cereals and snacks.

You can help control the influence that television has on your child by doing the following things:

- Watch TV with your child.
- Talk about what they see or don't see on TV.
- Point out the commercials.
- Discuss why you approve or disapprove of the item being advertised or the TV program.
- Limit the amount of time and programs that are watched on TV. Give the reasons why you are limiting TV watching and then gradually do it.
- Help your child do activities other than watching TV—like games, cooking, drawing.
- Don't leave the TV on if nobody is watching.
- Shut off the TV when a program is over.

Reward improvements in your child's TV watching behavior. Try to avoid sweets or money. Successful rewards might be doing something together, staying up a little later, having some friends over to play, or going to the park or on a picnic.

Did you know?

By the time the average American child has reached the teen years, he or she has spent more time watching television than being in school.

Some researchers say that too much TV watching can cut down on the desire to play, block creativity, turn children into loners, among other things.

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Broccoli Pancakes

●1 Cook broccoli in ½ c boiling water for 5 min.

●●2 Drain broccoli well, chop

●●●3 Beat egg

●●●●4 Combine broccoli, pancake mix, beaten egg and salt in large bowl

●●●●5 Mix well

●●●●6 Drop by spoonful into hot oil in frying pan

●●●●7 Cook 2-3 min. on each side

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I like to do many things besides watch TV. I like to...

make mobiles from wire hangers, string, and colored drawings or draw pictures of my favorite foods or animals.

- make play dough by mixing...

  2 cups flour and ½ cup salt
  ½ cup water with ⅛ teaspoon of food coloring
  Add more water by tablespoons, if needed
  Add 2 tablespoons oil
  Knead

I store it in the refrigerator in a glass or plastic container. I like to make many things with it, like foods that are good for me.

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I like to do many things besides watch T.V.
I like to...

- take trips to museums, colleges, train stations, airports, parks and gardens. I like it when you talk about things we're seeing.

- go on treasure hunts. Use pictures on cards or a bag of the objects I'm looking for. Help me count how many objects I can find. When you hide foods we can talk about where the food came from, like an egg from a chicken.
- make my own snack by slicing a banana or pouring my own milk or juice.

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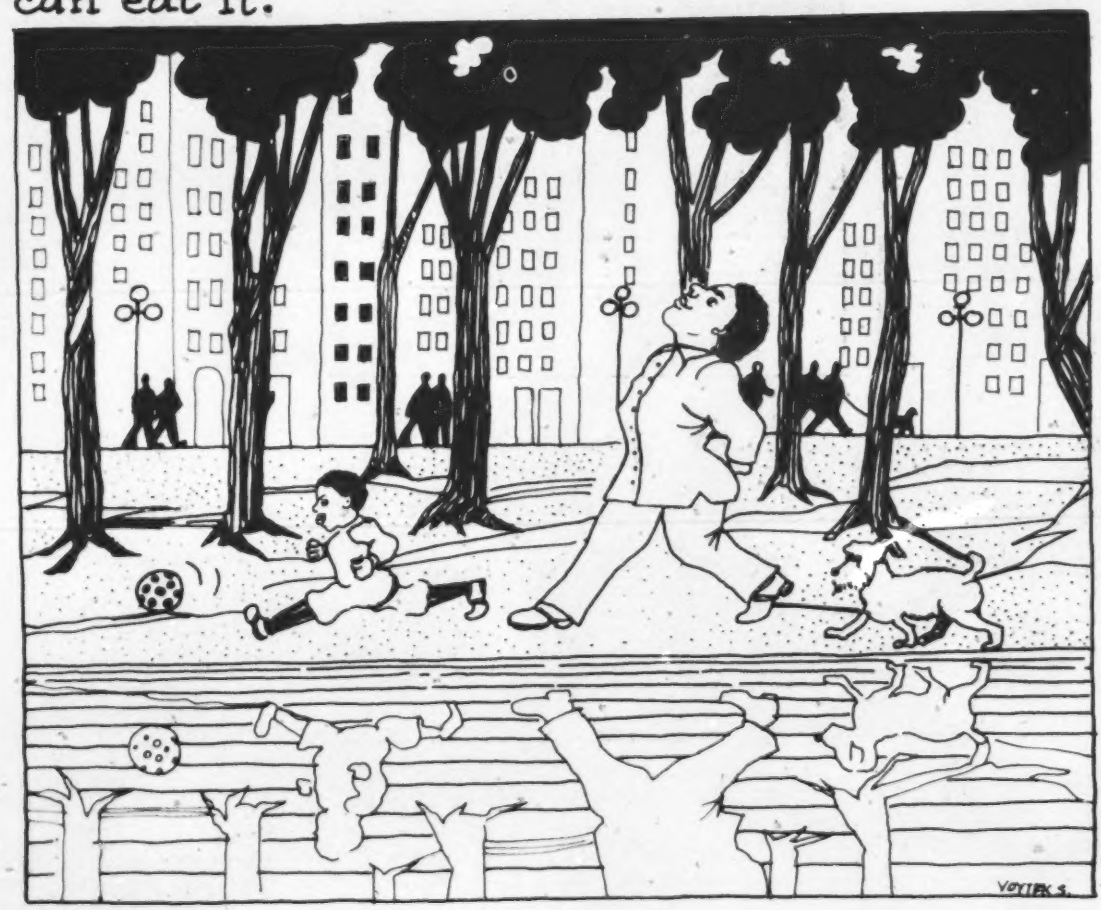
I like to...

- make up stories if you help me start them, or dance to the music on the radio.
- to play outside and go for walks. I also like to do exercises especially when we do them together.
- make designs or faces on bread. First I spread peanut butter or ricotta cheese or cheese spread on bread. Then I make a design with carrots, curls or sticks, cucumber rings, raisins, nuts, orange circles, green pepper rings, grated coconut, cheese, carrots, cabbage or lettuce leaves. Then I can eat it.



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Published pursuant to a contract with the New York State Education Department with partial funding from USDA, Food and Nutrition Service, Nutrition Education and Training Program (PL 95-166).

Cooperative Extension, New York State College of Agriculture and Life Sciences, New York State College of Human Ecology and the New York State College of Veterinary Medicine, Cornell University and the U.S. Department of Agriculture, cooperating. In furtherance of Acts of Congress May 8 and June 30, 1914 and providing equal opportunities in employment and programs. Lucinda A. Noble, Director of Cooperative Extension, Ithaca, New York 14853.

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Cornell University
Ithaca, NY 14853

September 1979